



Lunar Cycle Self-Reflection

For thousands of years our ancestors gathered in Moon Lodges, honouring the cycles of the Moon as a guide for life and healing. They knew that as the Moon moves through her phases, she mirrors the themes within us. Our energy, emotions, intuition and dreams.

This guide is your modern Moon Lodge. Over the next three lunar cycles, you'll be invited to observe, reflect and reconnect with your own natural rhythms. Each row corresponds with one of the 8 Moon phases, giving you space to notice shifts in your menstrual cycle, mood, energy, sleep, dreams, focus and more.

By tracking your experiences and tuning in regularly, you may begin to see patterns, honour your own cycles and align more fully with the Moon's wisdom, just as our ancestors once did.

Take a few moments each moon cycle to fill in the columns and let the Moon guide you on your path.

SHAMANIC ASTROLOGY

Date	Moon Phase	Menstrual Cycle Day 1 = Bleeding begins Flow 1-5: 1=spotting, 5=heavy		Mood / Emotions Dominant feeling - circle 1-2 words or write your own	Energy Levels 1-10 (1=Exhausted, 10= Energetic)	Sleep Hours Slept & Sleep Quality 1-5 (1=Terrible, 5=Excellent)	Dreams Can you remember your dreams? How vivid are they 1-5? Add words to describe the key themes / archetypes.	Anxiety / Stress 1-10: 1=Calm, 10=Overwhelmed	Focus / Cognitive clarity 1-10: 1=Foggy, 10=Razor sharp	Physical Symptoms Any pain? Location, intensity 1-10	Social Desire 1-5: 1=Withdrawn, 5=Very Sociable
20 - 22 Oct	 New Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
23 - 28 Oct	 Waxing Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
29 - 30 Oct	 First Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
31 - 4 Nov	 Waxing Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
5 Nov	 Full Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
6 - 10 Nov	 Waning Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
11 - 12 Nov	 Third Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
13 - 18 Nov	 Waning Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				



End of Cycle 1 Reflection:

Take a moment to look back over your Moon Cycle Self-Reflection entries for this month.
Notice patterns, shifts and insights.

Reflection Prompts:

- Which Moon phases did I feel most energised, inspired or creative?
- Which phases brought challenges, tension or introspection?
- How did my mood, energy or sleep change across the cycle?
- Did I notice any recurring themes, lessons or insights?

Miracles Abound
SHAMANIC ASTROLOGY

Date	Moon Phase	Menstrual Cycle Day 1 = Bleeding begins Flow 1-5: 1=spotting, 5=heavy		Mood / Emotions Dominant feeling - circle 1-2 words or write your own	Energy Levels 1-10 (1=Exhausted, 10= Energetic)	Sleep Hours Slept & Sleep Quality 1-5 (1=Terrible, 5=Excellent)	Dreams Can you remember your dreams? How vivid are they 1-5? Add words to describe the key themes / archetypes.	Anxiety / Stress 1-10: 1=Calm, 10=Overwhelmed	Focus / Cognitive clarity 1-10: 1=Foggy, 10=Razor sharp	Physical Symptoms Any pain? Location, intensity 1-10	Social Desire 1-5: 1=Withdrawn, 5=Very Sociable
19 - 20 Nov	 New Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
21 - 26 Nov	 Waxing Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
27 - 28 Nov	 First Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
29 - 3 Dec	 Waxing Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
4 - 5 Dec	 Full Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
6 - 10 Dec	 Waning Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
11 - 12 Dec	 Third Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
13 - 18 Dec	 Waning Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				



End of Cycle 2 Reflection:

Take a moment to look back over your Moon Cycle Self-Reflection entries for this month.
Notice patterns, shifts and insights.

Reflection Prompts:

- Which Moon phases did I feel most energised, inspired or creative?
- Which phases brought challenges, tension or introspection?
- How did my mood, energy or sleep change across the cycle?
- Did I notice any recurring themes, lessons or insights?

Miracles Abound
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19 - 20 Dec	 New Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
21 - 26 Dec	 Waxing Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
27 - 28 Dec	 First Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
29 - 2 Jan	 Waxing Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
3 Jan	 Full Moon	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
4 - 9 Jan	 Waning Gibbous	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
10 - 11 Jan	 Third Quarter	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				
12 - 17 Jan	 Waning Crescent	Day:		Joyful, Focused, Balanced, Peaceful, Curious, Mindful, Inspired, Anxious, Sad, Confident, Tired, Angry, Loving, Frustrated, Calm, Overwhelmed		Hours Slept: Quality:	Remember: Y/N Vividness: Key Word / Theme:				



End of Cycle 3 Reflection:

Take a moment to look back over your Moon Cycle Self-Reflection entries for this month.
Notice patterns, shifts and insights.

Reflection Prompts:

- Which Moon phases did I feel most energised, inspired or creative?
- Which phases brought challenges, tension or introspection?
- How did my mood, energy or sleep change across the cycle?
- Did I notice any recurring themes, lessons or insights?

Miracles Abound
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Closing Reflections

You've journeyed through three full lunar cycles, tuning in, observing and honouring your own rhythm. By noticing your moods, energy and dreams etc you have begun to reconnect with the natural cycles that have guided humans for millennia.

Take a moment now to look back over the whole three months:

- What patterns have you noticed in your energy, mood, pain, sleep, dreams etc?
- Which Moon phases feel most aligned with your inner rhythm?
- What lessons, insights or gifts have revealed themselves over this time?
- How can you carry this awareness forward into your daily life?

The Moon's guidance is always with you, a gentle mirror for your inner world.